

RPP 1

MIND = BODY

RADICAL PHENOMENOLOGICAL  
PSYCHOANALYSIS

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RPP 1

MIND IS BODY

[RPP 1]

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RADICAL PSYCHOANALYSIS

RADICAL PHENOMENOLOGICAL PSYCHOANALYSIS

VOLUME ONE

SECTION ONE - October 2005 - November 2005

Have my journals been nothing but a long  
drawn "note"?

RADICAL

PHENOMENOLOGICAL

PSYCHOANALYSIS

(OF EXPERIENCE)



VOLUME ONE

October 2005 - February 2006



pp v/s 1

RADICAL PSYCHOANALYSIS

RADICAL PHENOMENOLOGICAL PSYCHOANALYSIS

VOLUME ONE

SECTION ONE October 2005 - November 2005

Have my journals been nothing but a long drawn out "suicide note"?

I am beginning to fear that I am so very different from others that I will be attacked for expressing myself on the Internet.

And so I begin writing in my thought pads once again. I can only write "to the future". It is not safe writing my true thoughts on the Internet.

After deleting most all the posts that were from "Letters From The Breath of Life", I went to sleep at around 4 AM, and I had dreams. This is the "stuff" for radical phenomenological psychoanalysis.

It is late September, 2005 (the 29th). I dreamt of co-workers I had worked with who I touched in some way.



1211997  
First my spirit was at Ed Henderson's  
Service Station on Broad Street &  
Throckmorton in Freehold. I was talking  
to Jose Sanchez. He asked me how a  
white man is getting paid for doing nothing.  
He was refering to me, but I said,  
"I don't know how Bush gets paid."

I was pacing back and forth from where  
Ed Henderson Sr sat in the office to  
where Jose was in the bay.

Then I was in a foodstore checking out.  
I had my ATM bank card. I had many  
rolls - bread of various kinds. I had  
alot of credit on the card.

I went out to a parking lot, and the keys  
were on the dash board. Someone confronted  
me, and I got out of the vehicle,  
explaining my confusion. I was actually  
waiting for some old co-workers.



12/1/12

Soon they arrived: Betty and Billy (both from Cheesecake), Claude, Jimmy, and a couple others. We were going for a ride, all in the same vehicle.

There were funny instances during the dream - such as the strong sense of presence; the conversations I had with these people must have had an affect on all.



I was finally able to eat breakfast this morning. The renewable quality of life is sacred. I am able to go without imbibing alcohol, and then ~~the~~ the sacred quality of life will renew me. Bright scars heal. Psychological pain heals.

My struggle continues as I do battle on gortbusters.org as the Last of the Gortbuster Warriors. Dreaming is a parallel universe that is just as real as waking reality.



0  
X

I feel like I am in a Kurt Vonnegut novel.  
Northusters is like some Kilgore Trout archive,  
and there are many parallels to Breakfast of  
Champions and Hocus Pocus.

0  
X

$$\lim_{x \rightarrow 2} \frac{x^3 - 8}{x - 2}$$

$$\begin{array}{r} x^2 + 2x + 4 \\ x-2 \overline{) x^3 + 0x^2 + 0x - 8} \\ \underline{x^3 - 2x^2} \phantom{0x - 8} \\ 2x^2 + 0x \phantom{- 8} \\ \underline{2x^2 - 4x} \phantom{- 8} \\ 4x - 8 \\ \underline{4x - 8} \\ 0 \end{array}$$

$$\lim_{x \rightarrow 2} \frac{(x-2)(x^2 + 2x + 4)}{(x-2)}$$

$$= 2^2 + 2 \cdot 2 + 4 = 12$$



X

I am a bit angry, but so deep is my mood,  
and the winds agree with my soul.  
My wit's diseased. No more loud music  
will be tolerated by my neighbors.

X

X

The process of diagnosis inflation began in the  
17<sup>th</sup> century with the postmortem diagnosis of  
suicides as non compos mentis. It gathered  
speed in the 18<sup>th</sup> and 19<sup>th</sup> centuries with the  
medicalization of crime and sex, exemplified  
by the fabrication of diagnoses such as  
masturbatory insanity. And it is now  
running amok, virtually every wrenching  
personal experience and socially undesirable  
behavior being diagnosed as a disease  
and discovered to be treatable by an  
intervention classified as health care.



Disability - the inability to earn a living - may be, <sup>OR</sup> ~~are~~ may not be, a consequence of disease, but "the inability to earn a living" is NOT a disease.

Like diabetes, depression - psychiatrists say - is "treatable". That does not entitle them to claim depression is a disease.

Cancer of the lung is a disease, but smoking - even if diagnosed as "nicotine dependence" or "substance abuse" - is not and cannot be a disease.

Disease is a fact; diagnosis is an opinion.

Diseases are discovered; diagnoses are created.

Depression is a diagnosis, recognized as a disease only if it is authoritatively interpreted as such. It is a "socially constructed" disease.

The confusion of diagnosis with disease is not an occasional, innocent error. Rather, it is a systemic and strategic error, a tactical misuse of language that serves the pharmacocratic ideology.



For the vast majority of health care professionals - especially the legions of psychologists, social workers, grief counselors, drug abuse specialists, and other practitioners of existential cannibalism - it would be professional suicide to categorize nondiseases ~~as~~ correctly: their very instinct of self-interest opposes such truth telling.

In the West, the first physicians paid for their services by the state rather than their patients were the psychiatrists. Psychiatrists were the first manufacturers of diagnoses masquerading as diseases. Ever since, psychiatrists have been the leading producers of the conceptually and economically important commodity we call "mental illness".

To be sure, the psychiatrist is not the only physician who is an agent of the state rather than of the patient. The military physician serves the interest of the military. The Surgeon General is a political appointee whose job is to serve his POLITICAL MASTERS.



X

Rather than feeling discouraged by laziness,  
we could get to know laziness profoundly.  
This very moment of laziness becomes our  
personal teacher. We can unite with laziness,  
be our laziness, feel it fully in our bodies.  
The spiritual path is the process of relapsing  
into this very moment of being.

We join our loss of heart with honesty and  
kindness. Instead of pulling back from the  
pain of loneliness, we move closer.  
We lean into the wave. We swim into the  
wave.

Somewhere in the process of staying with the  
moment, it might occur to us that there  
are a lot of unhappy brothers and sisters  
out there, suffering as we are suffering.  
In becoming intimate with our own  
pain, with our own laziness, we are  
touching in with all of them, knowing  
our kinship with all of them.



24 December 2005

[Schopenhauer]

Philosophy starts with self-consciousness,  
that which is within, the subjective.

The inevitably false element in materialism consists  
primarily in its starting from a *petitio  
principii* ("Begging of the question"), which,  
more closely considered, proves to be  
even a  $\pi\rho\omega\tau\omicron\nu\ \psi\epsilon\iota\delta\omicron\varsigma$   
(a first false step in the premise of a syllogism).

~~It starts~~  
Materialism starts from the assumption that  
matter is something positively and unconditionally  
given, something that exists independently  
of the knowledge of the subject, and  
thus really a thing-in-itself.

Materialism attributes to matter (and also to  
its presuppositions, time and space) an  
existence that is absolute, that is to say,  
independent of the perceiving subject.  
This is the fundamental error of  
materialism. It leaves unexplained  
vital force and ~~as~~ unfathomable *qualitates occultae*  
of matter.



Political comedians align themselves with the  
downtrodden. I am well aware that I am  
a disenfranchised white male - and that  
I have deep seated anger ISSUES.

White males in the United States are a racial minority.  
The privileged white male - in an  
unemployment line near you.

I humbly accept my "survival rations."  
I want to explore my reality by writing  
deeper poetry.

Eminem's performance is ANTI-REALISM, and  
at its core — has ties to the Surrealist  
movement; an early 20<sup>th</sup> century European  
movement of white male artists who attempted  
to perform a poetic, political, moral,  
revolt that refused to accept anything  
derived from a cortical understanding.

There was to be no distinction made between  
what we consider to be abstract and what  
we consider to be real.



## ~~In~~ Surrealism and existentialism

Humanism cuts man in two:

What is rational in man?

This is considered by humanism to be "truly human."

What is NOT rational?

(INSTINCTS AND FEELINGS)

which appears unworthy to man.

Surrealism wanted to save impulses and desires from repression. The surrealists, like Eminem, have invited us into a dream.

And yet the oppressed have sinister dreams.

- aspirations for economic success outside of traditional structures
- illusions of grandeur used to counter depressed circumstances.
- inherent existentialism



The white man who dares to live with danger attempts the art of the primitive.

The surrealists fashioned themselves after their associations with the outcasts of society — the outcasts ~~were~~ (or SAVAGES) were economically and socially disenfranchised.

For most Bohemians, death translates into superiority. My impulses toward the primitive conflict with my tendency towards culture, education, and ego.

We have been duped by wealthy families to play the race card. Words like redneck and "white trash" are acceptable while the N-word is not.

Rednecks and blacks have more in common with each other than either group has in common with white liberals. When the laws of man decree the death of one's race, then the laws of nature demand rebellion.



It is a spiritual exercise to remain free even while in the presence of an energy vampire. I try to raise consciousness on gortbusters. etc.

There are basic intuitive truths:  
we are human creatures, children fighting.  
It is hard for human beings to get along.  
What is our commonality?

I am not temperamentally suited for the rat race.

All the basic elements of medieval European civilization arose over the previous 10,000 years in or near the Fertile Crescent, that crescent shaped area of Southwest Asia from Jordan north to southeastern Turkey and then east to Iran.

From that region came the world's first crops and domestic animals and wheeled transport, the mastery of copper and bronze.



and iron, and the rise of towns and cities, chiefdoms and kingdoms, and organized religions.

All of those elements gradually spread to and transformed Europe from southeast to northwest, beginning with the arrival of agriculture in Greece from Anatolia around 7000 B.C.

Scandinavia, the corner of Europe farthest from the Fertile Crescent, was the last part of Europe to be so transformed, being reached by agriculture only around 2500 B.C.

Scandinavia was also the corner farthest from the influence of Roman civilization: unlike the area of modern Germany, Roman traders never reached it, nor did it share any boundary with the Roman Empire.

Hence, until the middle ages, Scandinavia remained Europe's backwater.



## Begging the Question :

Begging the question is what one does in an argument when one assumes what one claims to be proving.

An argument is a form of reasoning whereby one gives a reason or reasons in support of some claim -

~~If one's premises entail one's conclusion, and one's premise~~

The reasons are called premises and the claim one tries to ~~prove~~ support with them (reasons, premises) are called the conclusion.

If one's premises entail one's conclusion and one's premises are questionable, one is said to BEG THE QUESTION.



X

2006.01.17

Not all who hesitate are lost.

The psyche has many secrets in reserve.

And these are not disclosed unless required.

Willed introversion is one of the classic implements of creative genius and can be employed as a deliberate device.

It drives the psychic energies into depth and activates the lost continent of unconscious infantile and archetypal images.

The result may be a disintegration of consciousness more or less complete (neurosis, psychosis); if the personality is able to absorb and integrate new forces, there will be experienced a greater degree of self-consciousness.

This is not so much an answer to a specific call, but rather, it is a deliberate terrific refusal to respond to anything but the deepest, highest, richest answer to the as yet unknown demand of some waiting void within:



51.10.2005  
a kind of TOTAL STRIKE, or REJECTION of the offered terms of life as a result of which some power of transformation carries the problem to a plane of new magnitudes, where it is suddenly and finally resolved.

So, what is Joseph Campbell trying to say?

There are "hidden secret powers" within the psyche, but these ~~do not~~ are not revealed unless required. "Willed introversion" drives the psychic energies into the depths of the unconscious.

Spending long stretches of time in solitude is a way to undergo what Carl Jung called a "willed introversion" — this is what I isolate myself for definite periods of time to THINK AND WRITE.

These periods force me into an ancient realm where I am liberated from the pressure of the will to survive.



What strange forces influence our realm  
of sufferable reality? Imagine all  
the folks motivated to get up and go  
to work by coffee, cigarettes,  
dinners ...

Imagine all the unpleasantness caused  
by DESIRE, WANT, NEED.

What agitates me also agitates others.  
I understand others because I have looked  
into the depths of my ORGANISM-AS-  
SUBJECTIVE LIFE-WORLD.

I understand Shalonda's desire/need for  
NICOTINE. I was doing her a service  
by walking all the way up to route 34  
for a pouch of TOP Tobacco  
for her. I guess she appreciates it.

My other neighbor, Gail, warns me that  
Shalonda is one who uses and manipulates  
others to get things she needs. I don't  
mind. Are people to be blamed for  
scavenging and bonding?



2006.01.25

Notice the similarities between <sup>PASSIONATE</sup> falling in love and mental illness. Passionate love = an intense longing for the beloved.

Passionate love is associated with joy, euphoria, and ecstasy, but these feelings are invariably shadowed by darker emotions such as anxiety, jealousy, and sadness. It is difficult to experience passionate love in the absence of at least some psychological pain.

As a male, I am more prone to passionate love than a female is. Why? Well, this is nature's way of keeping the male from falling in love with every woman he sees (which is quite natural).

I can assume that Shalonda does not feel this lovesickness at all. In fact, I suspect someone got to her and told her to stay away... it's as though there is a fear I would be too empowered with her support.



I will attempt to maintain some composure.

X

I am not an alien. I am a human being.

X

Shame and pride are the building blocks of interpersonal relationships. Shame includes embarrassment, humiliation, as well as "discretionary shame" such as modesty, shyness, and conscience. The common thread is seeing self negatively in the eyes of others, and therefore perceiving a threat to the bond.

With emotions and relationships routinely disguised and ignored in Western societies, social & sciences that also ignore it serve a conservative function, helping to preserve the status quo in the emotional/relational world.

Shame may be the core emotion in the emotional/relational world, but it is invariably unmarked in Western societies. Social theorists & like Mead ignored emotions.

Shame  $\Rightarrow$  feeling "self-conscious, rejected, unworthy, or inadequate"

deference  $\Rightarrow$  respectful submission to the opinion of another.



Embarrassment arises out of disparities, real, anticipated, or just imagined, in the amount of deference, no matter how slight the disparity. Everyone is extremely sensitive to the exact nuance of deference they receive.

Embarrassment is part of socially prescribed behavior. In some Asian societies, shame is seen as the central emotion.

Individualism is the dominant ~~theory~~ theme of all relationships in Western societies. This focus disguises the web of personal and social relationships that sustain all human beings.

As we become aware of the massive amounts of emotions and disguising of emotions that occur in social interaction, WE CAN MAKE VISIBLE WHAT IS OTHERWISE INVISIBLE, THE STATE OF ANY GIVEN RELATIONSHIP.

In Western societies, the word pride has come to connote arrogance or hubris. This is



"false pride", an indication of defense against shame. Because our emotion lexicon is so small in Western societies, it is necessary to clearly define the meaning of emotion's terms.

Markers of true pride indicate a secure bond (solidarity), and markers of shame indicate a threatened bond.

Anger is often linked to hidden shame.

Shame signals transgression even without thoughts or words. Shame triggers signals trouble in a relationship. This emotion is as primitive and intense as fear. Shame is a response to a bond threat.

Shame plays a central role in regulating the expression, and all our other emotions.

Am I ashamed of the attraction I feel towards Shalonda? Did Shalonda prepare the ground with the play of her eyes, hinting at some kind of interest in me? She could have easily guessed by my gestures in return that I am interested in her. Gail foresees disaster in any potential romance between Shalonda and I.



When we hide shame (embarrassment, humiliation) we tend to get angry, rather than face our own feelings of embarrassment.

Hiding embarrassment throws a monkey wrench into the machinery of inviting and being invited. Yet virtually everyone hides their embarrassment. Why?

In our society, there is a general prohibition against displaying one's feelings too quickly, not just shame or embarrassment, but all emotions.

Because Freud was unaware of his own shame, it went unanalyzed in his cases, and in the cases of today's orthodox psychoanalysts.

Most intimate conversations are thick with emotions, and with unacknowledged implications. Even a slight increase in understanding our own emotions and those of others may improve our relationships.



Sharing the Realm of Emotion with others, even if only friends or acquaintances, can be a path to increasing awareness.

Most "Topic talk" is implicitly shaming to both parties, since it cuts off messages about the self and the other. In a subtle way, topic talk, when it dominates a relationship, is disrespectful and therefore shaming, because it usually implies that something else is more important and demanding of attention than self, other, and the relationship.

If and when I have the opportunity to converse with the beautiful Shalonda again, rather than discuss politics, maybe I can discuss her...

Tomorrow I will remember to pay my rent before going to get food at the pantry and store; then I will see about getting over to Shalonda's before I get picked up at 4:30 PM by Joe.

When I reflect upon Shalonda as a potential mother of my seed, I see that I ought to treat her with the utmost respect regardless of the vicissitudes of daily life.